



# Progress on the d.c.

# healthyschools act



## WHAT IS THE HEALTHY SCHOOLS ACT?

The Healthy Schools Act (HSA) was passed in 2010 as a landmark policy in the District of Columbia to create a healthy school environment where students can achieve academically and learn healthy nutrition and activity habits for life. The HSA aims to reduce the rate of overweight and obesity among the District's youth through provisions for school meal nutritional requirements, required minutes for health and physical education, promotion of physical activity, fundraising standards, and support for farm to school and school garden programs.

## HEALTH EDUCATION, PHYSICAL EDUCATION, AND PHYSICAL ACTIVITY

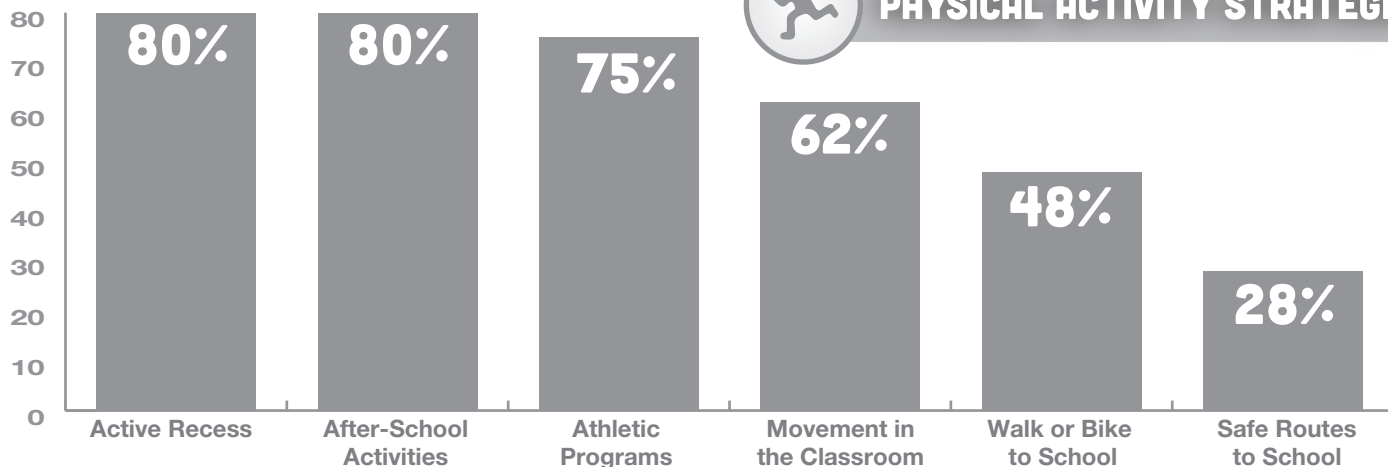
- 69% of schools have at least one certified or highly qualified health education teacher.
- 54% of schools provide health education through a dedicated health education course, 53% incorporate health into other subjects, and 45% host assemblies and presentations.
- Schools use multiple strategies to engage students in physical activity. These include: active recess, after-school activities, athletic programs, and movement in the classroom (see Figure 1).

One of the cornerstones of the Healthy Schools Act is the instructional requirements for health and physical education. This includes required minutes of instruction time and adherence to the Office of the State Superintendent of Education (OSSE) Physical and Health Education Standards. Schools have been successful in meeting these requirements (Figures 2 & 3):

- K-5th grade schools report an average of 66 minutes per week of physical education and 31 minutes per week of health education.\*
- 6th-8th grade schools report an average of 100 minutes per week of physical education and 45 minutes per week of health education.\*
- 93% of schools base their physical education on the OSSE standards.
- 85% of schools base their health education on the OSSE standards.



Percent of Schools Engaged in Activity



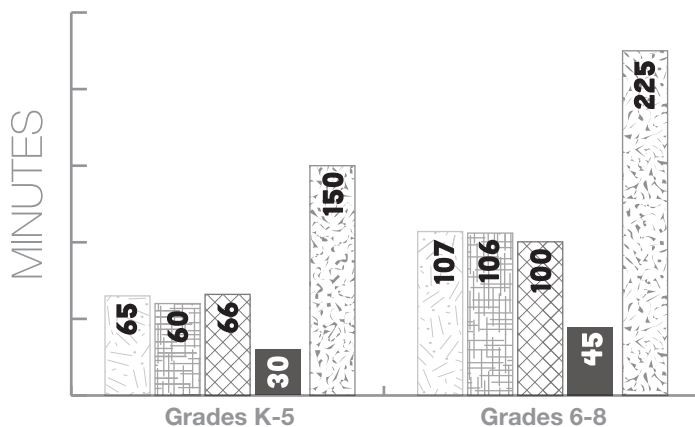
## PHYSICAL ACTIVITY STRATEGIES

**Figure 1.** Percent of Schools Reporting Use of Various Strategies to Promote Physical Activity, 2013

\* In the 2014-2015 school year the required minutes of physical education goes up to 150 minutes per week for grades K-5 and 225 minutes per week for grades 6-8. The required minutes of health education for grades K-8 goes up to 75 minutes per week.



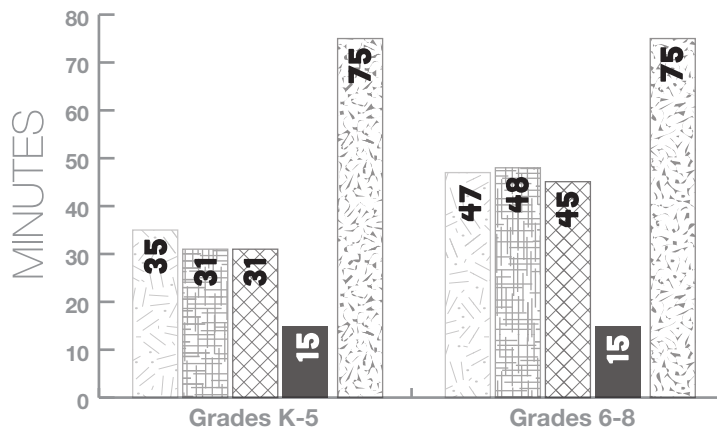
## PHYSICAL EDUCATION



**Figure 2.** Reported Minutes per Week of Physical Education in Grades K-5 and 6-8 as Compared to Current and Future Requirements, 2011-2013



## HEALTH EDUCATION



**Figure 3.** Reported Minutes per Week of Health Education in Grades K-5 and 6-8 as Compared to Current and Future Requirements, 2011-2013



## NUTRITION

- The majority of DC schools have meals provided by an outside vendor. 78% of vendors conduct nutrition promotion through hanging posters, 53% by handing out brochures, and 31% through meal time presentations.
- 93% of schools provide water free of charge to students during meal times.
- 99% of schools are in compliance with HSA requirements for healthy vending, fundraising, and prizes.

## FARM TO SCHOOL AND SCHOOL GARDENS

- 100% of schools serve locally grown and unprocessed foods to students. For example, 89% of schools serve local apples at least once per month and 77% of schools serve local collard greens at least once per month. Other local foods commonly served in schools include: kale, pears, peaches, strawberries, sweet potatoes, and tofu.
- 176 schools participated in Strawberries and Salad Greens Day on May 29, 2013. 14,000 students participated in Growing Healthy Schools Week, October 21-25, 2013, including 50 chef demos and a dozen farmer visits to schools.
- DC has 93 active school gardens.



**Only 11% of schools had vending machines available to students in the 2012-2013 school year, down from 19% the previous year.**

## HEALTH SERVICES & MENTAL HEALTH

- 84% of schools have at least part-time nurse coverage.
- 86% of schools have an anti-bullying policy.\*
- 74% of schools have at least part-time mental health clinician coverage.
- 48% of schools partner with other organizations to provide students with mental health support.

\* As of September 2013, all schools are required to have an anti-bullying policy.



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Data for this fact sheet was compiled from the 2012 & 2013 School Health Profiles, 2013 Farm to School and School Garden Report, 2012-2013 HSA Compliance Determination visits, 2013 Healthy Youth and Schools Commission Report, and 2013 Growing Healthy Schools Week data.

[www.osse.dc.gov/service/healthy-schools-act-0](http://www.osse.dc.gov/service/healthy-schools-act-0)